



231km Sonder Monster 12 week Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One (12 Weeks Out)	60 mins easy run	5km warm up, 6 x 1km efforts with 90 secs rest, 5km warm down	18km at your own pace	5km warm up, 4 x 5min @ 10km race pace, 90 sec rest, 5km warm down	Rest	5km Warm up, 2km @ 10km race pace, 5 min easy jog, 8 x 45 sec hills, 5km warm down	22km at your own pace
Week Two (11 Weeks Out)	60 mins easy run	5km warm up, 4 x 1mile (1600) with 90 sec rest, 5km warm down	18km at your own pace	5km warm up, 2 x 3km @ half marathon pace with 3min jog recovery, 5km warm down	Rest	5km warm up, 2 x 3min, 3 x 2min firm effort with 2min jog recovery, 5km warm down	24km at your own pace
Week Three (10 Weeks Out)	60 mins easy run	5km warm up, 6 x 800m with 2min rest, 5km warm down	20km at your own pace	5km warm up, 2km threshold, 6 x 400m, 10min threshold, 5km warm down	Rest	5km warm up, 25min tempo (marathon pace), 5km warm down	24km at your own pace
Week Four (9 Weeks Out)	60 mins easy run	5km warm up, 8 x (500m firm effort, jog 200m, 300 firm) 90 sec rest, 5km warm down	20km at your own pace	5km warm up straight into, 8 x 2min on/2min jog, 5km warm down	Rest	5km warm up, 10 x 1min hills with walk/jog recovery, 5km warm down	26km at your own pace
Week Five (8 Weeks Out)	TBA						
Week Six (7 Weeks Out)	TBA						
Week Seven (6 Weeks Out)	TBA						
Week Eight (5 Weeks Out)	TBA						
Week Nine (4 Weeks Out)	TBA						
Week Ten (3 Weeks Out)	TBA						
Week Eleven (2 Weeks Out)	TBA						
Week Twelve (1 Week Out)	TBA						